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MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH
WOMEN'S HEALTH PROGRAMS

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BREAST AND CERVICAL CANCER INITIATIVE

Provides screening services to detect breast and cervical cancers in their earliest, most treatable stages. Services include free access to primary health care, training in breast self-examination, clinical breast exams, mammography, and Pap tests for cervical cancer for women age 40 and over at 37 local health centers and hospitals across the state.

- **For more information about breast and cervical cancer screening services:**

  A toll-free number **1-800-227-2345** staffed by volunteers from the American Cancer Society puts women in touch with local health centers and hospitals across Massachusetts which provide health services, mammograms, and Pap tests.

- **For more information about The Massachusetts Breast and Cervical Cancer Initiative:**

  Contact Marian Taylor, Massachusetts Department of Public Health, Bureau of Family and Community Health, 250 Washington Street, Boston, MA 02108-4619, Telephone **(617) 624-5454.**

COMPREHENSIVE ADOLESCENT HEALTH PROGRAM

Community-based services targeted to youth at risk for HIV/AIDS/STDs, pregnancy, substance and tobacco abuse, violence, and poor nutrition provided by community health centers, hospitals, and licensed-clinics with strong community linkages and a comprehensive referral system.

- **For more information about the Comprehensive Adolescent Health Program :**

  Contact Maria Guerrero, Massachusetts Department of Public Health, Bureau of Family and Community Health, Division of Perinatal and Child Health, 250 Washington Street, 5th floor, Boston, MA 02108-4619, Telephone **(617) 624-6013.**

EARLY DISCHARGE APPEALS PROGRAM

State law mandates insurance coverage for a minimum of 48 hours of in-hospital care following a vaginal delivery and 96 hours of in-hospital care following a cesarean delivery. Any decision to shorten the length of stay must be by mutual consent between the physician and the mother in accordance with rules and regulations promulgated by the Department of Public Health. The Department has set up a 24-hour hotline for consumers to appeal early discharge.

- **To place an appeal concerning early discharge after childbirth:**

  Call the 24-hour hotline at **1-800-436-7757**

- **For more information about the early discharge law or DPH regulations:**

  Please contact: Christine Duerr, Department of Public Health, Bureau of Family and Community Health, Division of Prevention, Elder Health Programs, 250 Washington Street, Boston, MA 02108-4619, Telephone (617) 624-6095.

ELDER HEALTH PROGRAMS

Massachusetts Diabetes Control Program - Enhances diabetes care systems statewide and provides education for individuals with diabetes and their care providers.

Older Women and Domestic Violence Prevention Project - Enhances services for older women who are victims of partner abuse and increases public and professional awareness about the problem of domestic violence against older women.

Sexual Assault Against Older Adults Awareness Campaign - In cooperation with rape crisis centers statewide and the Executive Office of Elder Affairs, an educational campaign to encourage elders who have been victimized to seek services as well as teach elders skills that can help them prevent sexual assault.

- **For more information about older women and violence or sexual assault:**

  Call the Office of Elder Affairs Hotline, **1-800-922-2275.**

- **For more information about elder health programs:**

  Contact Carolyn Bottum, Department of Public Health, Bureau of Family and Community Health, Division of Prevention, Elder Health Programs, 250 Washington Street, Boston, MA 02108-4619, Telephone **(617) 624-5402.**

FAMILY PLANNING PROGRAM

Provides the following services for low-income women, men, and adolescents at family planning clinics throughout the state: comprehensive family planning services including diagnosis and treatment of sexually transmitted diseases, contraceptive supplies, and pregnancy testing; individual health education and counseling on reproductive anatomy and physiology, all contraceptive methods, AIDS/HIV, sexually transmitted diseases, pregnancy testing, infertility, and other related health concerns; and outreach and education to local communities and special populations. Services are usually offered free of charge or on a sliding fee scale. All services are confidential and no one is denied services because of inability to pay.

- **For more information about family planning:**

  Contact your local health clinic or the Department of Public Health at **(617) 624-6060.**

- **For more information about family planning programs:**

  Contact Karen Edlund, Massachusetts Department of Public Health , Bureau of Family and Community Health, Division of Perinatal and Child Health, 250 Washington Street, 5th Floor, Boston, MA 02108-4619, Telephone **(617) 624-6018.**

FOOD STAMP OUTREACH PROGRAM

Provides eligible families with information needed to obtain available food resources and alleviate hunger. Staff distribute literature, train community agency staff on screening and application procedures, conduct informational sessions for potential applicants, and refer individuals to other available community food resources. A statewide toll-free information line provides confidential screening services for the food stamp program and referrals to other food resources.

- **For more information about Food Stamps or other food resources:**

  Call the FoodSource Information Line, **1-800-645-8333.**

- **For more information about the Food Stamp Outreach Program:**

  Contact Maria Bettencourt, Massachusetts Department of Public Health , Bureau of Family and Community Health, 250 Washington Street, 5th Floor, Boston, MA 02108-4619, Telephone **(617) 624-5440.**

HEALTHY START

Promotes early, comprehensive and continuous prenatal care for low-income, uninsured women in the Commonwealth. Services include outreach, information and referral, advocacy, health education and assistance in securing maternity insurance.

- **For more information about enrolling in Healthy Start:**

  Call 1-800-531-MOMS

- **For more information about the Healthy Start Program:**

  Contact Clare Reilly, Massachusetts Department of Public Health , Bureau of Family and Community Health, Division of Perinatal and Child Health, 250 Washington Street, 5th Floor, Boston, MA 02108-4619, Telephone **(617) 624-6046.**

MASSACHUSETTS TOBACCO CONTROL PROGRAM

Adult Populations At-Risk for Tobacco Use Programs provide smoking prevention and education programs for at-risk adults and their families through a variety of community-based activities to prevent the initiation of tobacco use and to reduce prevalence of use and related morbidity. Targeted groups include people of color, youth and women.

Primary Health Care Tobacco Cessation Program provides accessible and quality tobacco cessation services within existing primary care settings. Programs provide client smoking assessment, smoking cessation services and training for program participants and staff about the risks of tobacco use. Many programs have a component targeting pregnant and parenting families.

- For more information about **quitting tobacco use:**

  Call the Smoker's Quitline, **1-800-TRY-TO-STOP** or, in Spanish, **1-800-8-DEJALO.**

- For more information about the Massachusetts Tobacco Control Program:

  Contact Harriet Robbins, Massachusetts Department of Public Health , Bureau of Family and Community Health, 250 Washington Street, Boston, MA 02108-4619, Telephone **(617) 624-5902.**

MATERNAL AND CHILD HEALTH IMMUNIZATION PROGRAM

Integrates enhaneed immunization activities into programs of the Bureau of Family and Community Health serving women of reproduetive age and their families. Program goals are to inerease the number of elients who are age-appropriately immunized and who effectively utilize preventive health services through provider education and training.

- **For more information about the Maternal And Child Health Immunization Program:**

  Contact Julia Dyck, Department of Public Health, Bureau of Family and Community Health, Division of Prevention, 250 Washington Street, 5th Floor, Boston, MA 02108-4619, Telephone **(617) 624-6023.**

DISABILITY PREVENTION PROGRAM

Provides information on the prevention of primary and secondary disability. Projects include: community-based injury prevention efforts, enhancing the health and fitness of individuals with disabilities, and the implementation of a Massachusetts congenital anomaly surveillance system.

- **For more information about The Office of Disability Prevention:**

  Contaet Laura Rauseher, Department of Public Health, Bureau of Family and Community Health, Children with Special Health Care Needs, 250 Washington Street, 4th Floor, Boston, MA 02108-4619, Telephone **(617) 624-5967.**

OFFICE WORKER HEALTH EDUCATION PROGRAM

Increases awareness of office automation and safety issues for clerical workers with particular concentration on workers who have the least access to health and safety information and the highest rates of illness and injury, trains and educates clerical workers about safety, injury prevention, and enables them to change their work environment to reduee the rates of illness and injury.

- **For more information about Office Worker Health Education:**

  Please contact: Laurie Robinson, Department of Public Health, Bureau of Family and Community Health, 250 Washington Street, Boston, MA 02108-4619, **(617) 624-5070.**

OSTEOPOROSIS AWARENESS PROGRAM

Provides information to adolescent girls, mature women and health professionals about how to slow down bone loss and prevent fractures through good nutrition, exereise and ehoosing a healthy life style.

- **For more information about osteoporosis prevention:**

  Cali the information hot line, **1-800-95 BONES.**

- For more information about osteoporosis prevention programs:

  Contact Jean Marie DeGiaeomo, Massaehusetts Department of Public Health, Bureau of Family and Community Health, Osteoporosis Awareness Program, 250 Washington Street, Boston, MA 02108-4619, Telephone (617) 624-5444.

PEDIATRIC FAMILY VIOLENCE AWARENESS PROJECT

In cooperation with the New England Medical Center Department of Pediatrics and Massachusetts Health Research Institute, provides training to pediatric and perinatal health care providers around the prevalence and effects of family violence so as to increase supportive responses to battered women and their children seeking health care services.

- **For more information about the PFVAP trainings:**

  Contact Liz Roberts, Department of Public Health, Bureau of Family and Community Health, Women's Health Unit, 250 Washington Street, 4th floor, Boston, MA 02108-4619, Telephone **(617) 624-5458.**

PERINATAL AND PEDIATRIC PRIMARY CARE PROGRAMS

Promote and maintain the health of low-income, culturally diverse women and children at risk for poor perinatal outcomes, morbidity and mortality through: perinatal programs that offer maternal and child health services, including prenatal and postpartum, well-women's health care, and linkages to pediatric services; and pediatric programs that provide services to children ages birth to 19, including children with special health care needs.

Programs utilize a multi-disciplinary team approach to provide the following services: medical care, psychosocial services, nutrition services, outreach and casefinding, case management and care coordination, health promotion and disease prevention activities including health education, screening, assessment, intervention and follow-up.

- **For more information about MCH Primary Care Programs:**

  Contact Patrick Gallivan or Maria Guerrero, Massachusetts Department of Public Health, Bureau of Family and Community Health, Division of Perinatal and Child Health, 250 Washington Street, 5th floor, Boston, MA 02108-4619, Telephone **(617) 624-6020.**

PREGNANCY AND PARENTING SUPPORT PROGRAM

Provides intensive outreach and support to pregnant women, their infants and families who have social and environmental risk factors associated with poor pregnancy outcomes, infant morbidity and mortality, developmental delay and child abuse and neglect. Home visiting is the primary mode of service delivery, supported by a variety of other activities.

- **For more information about the Pregnancy and Parenting Support Program:**

  Contact Beth Shearer, Massachusetts Department of Public Health, Bureau of Family and Community Health, Division of Perinatal and Child Health, 250 Washington Street, 5th floor, Boston, MA 02108-4619, Telephone (617) 624-6014.

TEEN PREGNANCY CHALLENGE FUND

Provides services to teens at risk for early pregnancy in twelve communities with high rates of teen pregnancy. Communities develop their own coalitions which coordinate or sponsor activities that provide health and sexuality education, street outreach and information referral services concerning teen pregnancy prevention, health, AIDS education and safety awareness.

- For more information about The Teen Pregnancy Challenge Fund:

  Contact Marci Diamond, Department of Public Health, Bureau of Family and Community Health, Division of Prevention, 250 Washington Street, Boston, MA 02108-4619, Telephone **(617) 624-5457.**

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RAPE PREVENTION PROGRAM

Provides 24-hour crisis intervention services at 21 sites across the state as well as information, assistance, and support services for survivors of sexual assault, and educational services for providers and the public.

- **For more information about rape prevention:**

  Contact your local rape hotline or call our referral line at **(617) 624-5070**.

- **For more information about rape crisis centers and rape prevention programs:**

  Contact Marci Diamond, Department of Public Health, Bureau of Family and Community Health, Division of Prevention, Women's Health Unit, 250 Washington Street, 4th floor, Boston, MA 02108-4619, Telephone **(617) 624-5457.**

WELL WOMEN PROJECT

A comprehensive chronic disease health screening and intervention demonstration project targeting uninsured and underinsured women age 50 and older in select community-based sites throughout Massachusetts that provides basic health education and preventive screening services (such as cholesterol and blood pressure screening) at local comprehensive breast and cervical cancer screening sites.

- **For more information about The Well Women Project:**

  Contact Becky Bolduc, Department of Public Health, Bureau of Family and Community Health, Division of Prevention, 250 Washington Street, 4th floor, Boston, MA 02108-4619, Telephone **(617) 624-5445.**

WOMAN, INFANTS, & CHILDREN SUPPLEMENTAL FOOD PROGRAM (WIC)

A statewide network of 37 local programs with 130 sites and 800 retail stores contributes to reduced infant mortality and morbidity, improved participant health outcomes, and savings in health care costs by: providing participants with resources to obtain nutritious foods such as milk, cheese, fruit juices, iron-fortified cereals, peanut butter, dried beans and eggs; collaborating with the Department of Food and Agriculture to provide participants with coupons, redeemable at Farmers' Markets, for fresh fruits and vegetables; and reviewing the immunization status of participating infants and children and keeping children up to date on their shots.

- **For more information about participating in WIC:**

  Call **1-800-WIC-1007.**

- **For more information about WIC Program administration:**

  Contact Florence Petersen, Massachusetts Department of Public Health, 250 Washington Street, 6th Floor, Boston, MA 02108-4619, Telephone **(617) 624-6105.**

Substance Abuse Treatment Service for Women,
Including Pregnant and Parenting Women and their Children
March, 1996

The Massachusetts Department of Public Health, Bureau of Substance Abuse Services offers a comprehensive continuum of care for women and families with substance abuse problems. Gender-specific treatment has been devèloped and implemented in acute, ambulatory, and residential treatment settings. The following is a brief description of the range of services provided by BSAS-funded programs. Women-specific services are located throughout the Commonwealth.

Acute Treatment Services (Detoxification): All BSAS acute treatment programs offer services to women. However, BSAS funds and approves seven specialized detoxification programs for pregnant women. Programs admit pregnant women in all trimesters barring any serious medical complications. Pre-admission screening and referrals are provided to women with medical needs beyond the capability of the program to accommodate and/or when programs are at capacity. Enhanced programs are located throughout the State.

Service elements include, but are not limited to: the provision of clinically appropriate medical protocols for the safe detoxification of pregnant women in all trimesters; prenatal and primary health care; case management services to include access to entitlement programs such as Medicaid, AFDC, aftercare planning and early intervention. Specialized detoxification programs are required to have an OB/GYN RN on staff.

Enhanced detoxification programs are affiliated with prenatal, pediatric, and primary health care providers; appropriate state and local agencies providing services to women and families; methadone maintenance programs; HIV/AIDS/STD/TB counseling and testing sites; early intervention programs; violence prevention and victim of violence programs.

Residential Rehabilitation Programs: BSAS funds 17 women-only community-based residential treatment programs, 11 of which accept pregnant and postpartum women and their infants. Additionally the Commonwealth funds 11 co-ed residential rehabilitation programs. Residential rehabilitation programs serving pregnant and postpartum women and their infants provide a structured rehabilitative environment for women in early recovery. Women are admitted in all three trimesters of pregnancy. Sobriety is supported through a 3-12 month structured program. In addition to substance abuse treatment, service elements include but are not limited to: prenatal, pediatric, and primary health care; early intervention; case management; chid care and transportation; job and parenting skills training; and aftercare planning.

Specialized residential programs are affiliated with prenatal, pediatric, and primary health care providers; appropriate state and local agencies providing services to women and families; methadone maintenance programs; HIV/AIDS counseling and testing sites; early intervention programs; violence prevention and victim of violence programs.

Substance Abuse Family Treatment Shelters: BSAS administers and monitors contracts for 9 substance abuse family treatment shelters for homeless families. Programs provide residential rehabilitation services to caretaking parents with their children up to age 16 years.

Ambulatory Care (Outpatient Services): All BSAS funded outpatient programs offer gender-specific treatment to include women-specific group counseling/case management sessions.

Child Care Services: Child Care services are available at 16 outpatient sites located throughout the Commonwealth. Child care is provided to caretaking parents seeking outpatient services.

Permanent Housing/Case Management Program: BSAS with the Massachusetts Housing and Finance Administration, EOCD, and other housing authorities has developed and implemented a pilot project that offers permanent housing and substance abuse case management services to women and their children in early recovery.

Statewide Support/Systems Development: BSAS contracts with the Coalition on Addiction, Pregnancy, and Parenting (CAPP) to provide technical assistance, training, and systems development to BSAS-funded substance abuse treatment programs for pregnant and parenting women.

For more information on program locations and services please contact:

- MDPH, Bureau of Substance Abuse Services (617) 624-5111 TTY (617) 624-5186
- The Coalition on Addiction, Pregnancy, and Parenting (CAPP) (617) 661-3991
- The Statewide Information and Referral Hot Line (800) 327-5050